

More information

Washington State Department of Health
Pesticide Program: 360-236-3360
<http://www.doh.wa.gov/ehp/ts/PEST.HTM>

National Pesticide Information Center
1-800-858-7378
<http://npic.orst.edu/index.html>

Washington State University
Pesticide Education: <http://pep.wsu.edu/>

For poisoning emergencies:
Washington Poison Center: 1-800-222-1222

To report pesticide related illness:
Washington Department of Health
1-888-586-9427



Office of Environmental Health and Safety
P.O. Box 47825
Olympia, WA 98504-7825
1-888-586-9427
<http://www.doh.wa.gov/ehp/ts/PEST.HTM>

For persons with disabilities, this document is available on request in other formats. Please call 1-888-586-9427 (TTY/TDD 1-800-833-6388).

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Pesticide Safety

**Bug Bombs:
Overkill Can Be
Dangerous**

Bug bombs, also called insect foggers, are cans of pesticides that spray out all at once. They are used to kill pests, such as cockroaches and fleas. Foggers can be a **serious health and safety hazard** if you use too many or don't follow the directions.

Improper use of foggers can make you sick.

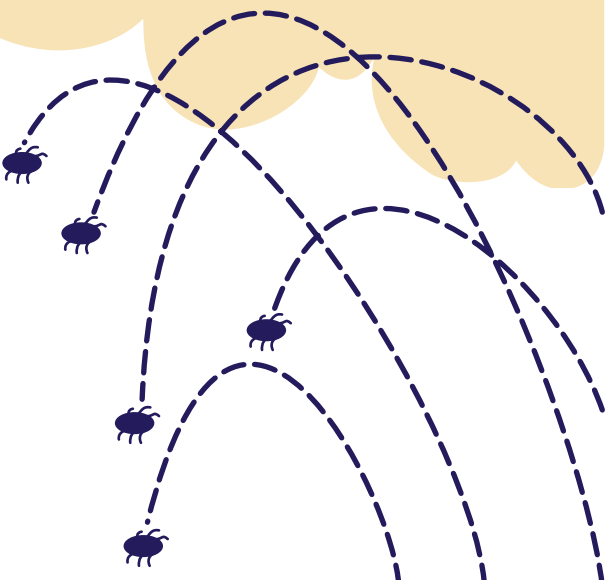
Overexposure to foggers can cause breathing problems, dizziness, and nausea.

Foggers can also trigger asthma attacks.

Too many foggers for the size of your house can cause fires or explosions.

Keep them away from sparks or flames.

Read the warning labels.



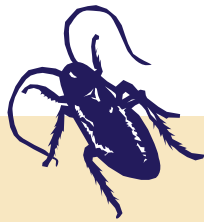
More Is Not Better—It's Dangerous.

Some people think, “if one is good, more must be better.” But overkill is a bad idea when it comes to pesticides and foggers.

Overuse of foggers can result in a visit to the hospital emergency room for breathing problems and other symptoms. Never use more foggers than are recommended. Get everyone out of the home before you start the fogger.

Foggers use flammable gases to spray out the pesticides.

When you use too many foggers, the vapors build up. A spark from a pilot light, furnace, thermostat, water heater or other source can cause a fire or explosion. Be sure to read all the warnings on the label.



Better Yet, Use Alternatives

Fleas

Prevention is the best way to manage fleas so you don't need to use flea sprays or foggers. To prevent fleas from becoming a problem in your home:

- Put towels or rugs that you can wash in places where pets sleep. Wash bedding in hot water every week.
- Comb pets with a flea comb to remove any fleas.
- Vacuum carpets and furniture often where pets usually lie or sit.
- Ask your vet about a spot-on treatment or an oral treatment to keep fleas from infesting your pet.



Cockroaches

There are safer and more effective ways to control cockroaches in your home than using a fogger. Eliminate their food, water and hiding places:

- Repair plumbing leaks.
- Store food in sealed containers and keep pet dishes covered.
- Keep stove tops, counters and floors clean of grease and food.
- Caulk cracks where roaches hide.
- Use sticky traps to find the areas where roaches are most active. Then place boric acid or low toxicity baits in those areas.
- Professionals can use methods such as vacuuming roaches out of cracks and placing gel baits to control them without using insecticide sprays.

Safety checklist:

- ☐ **Read** the label and all warnings. Follow the directions exactly.
- ☐ **Use** no more than the recommended amount.
- ☐ **Keep** the fogger away from pilot lights, sparks or flames.
- ☐ **Get** everybody out of the building, including pets. Remove toys and uncovered food.
- ☐ **Stay out** of the building for as long as it says on the label.
- ☐ **Air out** the area completely after using the fogger.
- ☐ **Wash** all tables, counters and surfaces used for food.

For more information on alternatives go to <http://npic.orst.edu/pest.htm>

Tips on pesticides:

Figure out your pest problem.

Don't overreact. Seeing a few bugs doesn't always mean you need to apply pesticides. Find the least toxic way to get rid of them.

Get the right product.

Read the label. Use a product that works on the kind of bugs you have.

Buy only the amount you need.

To avoid risks of accidents or spills, always handle and dispose of containers properly.

Follow the directions exactly.

Pay close attention to warnings. Never use more than is recommended.

Keep out of reach of children.

Accidents can cause illness and injury. Keep the Washington Poison Center phone number handy.





Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team